



February 2010

Interested in Gardening?

We are looking for volunteers to come plant and attend to our garden at Hilltop this year. If you are unable to have a garden at your home, this might be the opportunity you have been waiting for.

This would also be a wonderful opportunity for the residents to spend time outside to watch the garden grow. In return, we ask for some of the produce for all to enjoy. Please contact Irene or Donna if interested.

Inside this issue:

Family Night	2
New Activities Director	2
Upcoming Events	2
Heart Month Information	2
Employee Spotlight	2

A Word From the Administrator



Donna Coad, BS, LHNA
hilladmin@nhmspr.com

Coffee at Local Restaurants

Beginning in February, Hilltop staff will be at local restaurants to offer FREE coffee and answer any questions for the community regarding nursing home facilities.

The 1st Thursday of each month we will be offering coffee at McDonald's. February will be at Mattoon McDonald's from 7am to

8am and in March will be at Charleston McDonald's from 7am to 8am. We will then switch to every other month for each location.

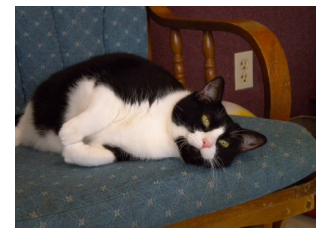
The 2nd Tuesday of each month we will offer coffee at Gill's in Mattoon from 7am to 8am.

Please join us for FREE coffee and conversation. If you have any questions please call us at 217-345-7066.

New Sound System

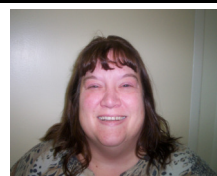
We are listening to your recommendations. Recently, a family member recommended we purchase a new sound system for the main dining room. We also asked the residents their preference.

Due to the great response, we are planning on purchasing a new system with donated money and money from the activities account. Hopefully you will soon be able to enjoy the music playing during meals.



Hope the Hilltop Cat

Welcome our new resident at Hilltop. *Hope* the Hilltop cat has been wandering through the halls greeting everyone as they come through. She has also taken a liking to some resident's beds, as she curls up next to them. She is making life more interesting for the residents and staff.



Mamie Henderson, RN, BS
hilldon@nhmspr.com

Heart disease is one of the leading causes of death in men and women. Heart disease, many times, has no symptoms.

Common symptoms to look for if you think you may be having a heart attack are: pressure/pain in the chest, arm, or breastbone. This may then radiate to other areas.

Heart Disease

Other symptoms to look for are shortness of breath, dizziness, nausea, and sweating. If you are having these symptoms you should call 911 immediately. It is not too late to decrease your risk. Monitor your blood pressure on a regular basis and follow-up with your doctor as needed.

Here are other changes you can make to help prevent heart disease: stop smoking, maintain a health weight, and limit amount of alcohol that

you drink.

Following a healthy diet may also decrease your risk like limiting your use of fatty/processed foods, increase fruit and vegetable intake, increase whole grains, and limit your salt/sodium intake.

For more information:

www.americanheart.org

www.womenheart.org

www.mayoclinic.com/health/heart-healthy-diet/NU00196



Employee

Spotlight

Alycia Snow, CNA

Alycia has worked for Hilltop for a little over a year. She works only on weekends. Alycia is currently attending EIU with a major in history. Her interest, outside of work, is volunteering for the Humane Society in Effingham.

Each month we will SPOTLIGHT a new employee. Employees are chosen at random by number. Who knows, you may be selected next month.

Quote of the Month

It requires less character to discover the faults of others, than to tolerate them.

-J. Petit Senn

For More Information:

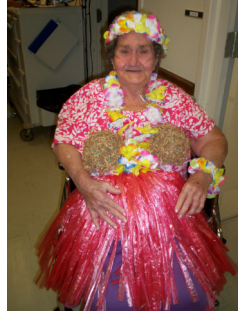
Carrie Hooten

Marketing/Admissions

217-345-7066

hillcr@nhmspr.com

Family Luau Night is a Hit!



*Betty W.
Hilltop Resident*

Hilltop staff, residents and family members enjoyed a night at the Luau. Everyone enjoyed a night of food and singing from the famous Easter's.

Thanks to the EIU students who volunteered their time to help decorate

for the event. Family Night is an event that Hilltop sponsors the last Tuesday of each month.

If you have any questions or ideas for upcoming Family Nights, please contact Irene Carter, Activities.



*Lela R., Resident
Chuck & Rhonda L.,
Family*



*Irene Carter
Activities Director*

New Activities Director

Welcome Irene Carter to her new role as Activities Director. Irene brings with her experience as an activities director in her previous employment.

Irene is excited to be working with our new activities consulting group (OSI). Please feel free to share any new ideas you may have with Irene.

MARK YOUR CALENDAR!

Thursday, February 11th at 3:00pm—line dancers

Sunday, February 14th at 2:30pm—sweetheart Sunday sundaes

**Tuesday, February 23rd at 6:00 pm—family night Sock Hop
& Poodle Skirts**

For more information on activities for Hilltop, contact Irene Carter.



February is American Heart Month

When it comes to your heart make sure you read food labels. Nutrition labels are a key factor when looking for foods that are heart-healthy and identifying food that is not. Key points when looking at nutrition labels are:

- Serving size—to avoid overeating
- Total fat, saturated fat, trans fat and cholesterol—limit amount eating per day
- Fiber—eat at least 25 to 30 grams a day
- Sodium—aim to consume less than 2,300 milligrams a day